

News Advisory



For Immediate Release

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California State Parks
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State Parks Unveils...

"City Walks"

...To Promote Governor's Fitness Fight

WHO: Resources Agency Secretary Mike Chrisman
California State Parks Director Ruth Coleman

WHAT: **To fight the Holiday eating bulge, dozens join historic First-Walk to Fight-Fat**
Chrisman and Coleman are inviting people who work downtown to join them during the lunch hour on the historic first walk of the new "City Walks" program.

The program encourages increased physical fitness by offering maps and mileage of 10 easy downtown area walks that start at the State Capitol. The pilot program is being examined for expansion to walks in other cities throughout California. The program is endorsed by the Governor's Council on Physical Fitness and Sports.

WHEN: Monday, December 5, 2005 at Noon

WHERE: The presentation begins on the north steps of the State Capitol, followed by a walk around the capitol grounds as shown on the brochure as City Walk #1.

WHY: The California Department of Parks and Recreation is lending its unanimous support to the Governor Schwarzenegger's Health, Nutrition and Obesity Program. As the Governor stated in his August 12, 2005 letter, California is facing an obesity epidemic, having gained 360 million pounds in 10 years. Therefore, just in time to fight the Christmas bulge, State Parks is inaugurating City Walks, an easy way to walk-it-off and get fit.

VISUALS: Two seven-foot-tall Plexiglas signs that promote walking in downtown Sacramento will frame the presenters. On the walk, participants will carry "City Walks" signs on sticks. The City Walks brochure and map are available online at:
http://www.parks.ca.gov/pages/23997/files/map_print.pdf.

Heavy rain will postpone the event. To learn more contact State Parks at (916) 654-7538.

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